

# BILLINGS

## Arthritis (including RA)

Summary: Specialty biologics and long-term monitoring can create substantial annual out-of-pocket costs.

Main trigger: Biologics, urgent flares, surgery, and ongoing therapy.

Top actions:

- Today: Ask about biosimilars, assistance programs, and formulary status.
- This week: Review expected annual OOP and refill timing across coverage phases.
- Ongoing: Use function-focused PT and exercise plans to reduce flare-related costs.

Sources:

- Arthritis Foundation: <https://www.arthritis.org>
- CDC arthritis: <https://www.cdc.gov/arthritis>